

# Dial 000

拍數: 36      牆數: 0      級數:  
編舞者: Robyn Oberg (AUS)  
音樂: Wild and Free - Rednex



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- 1-4            Touch right heel forward, touch right toe back, touch right heel forward touch right toe back
- 5&6           Touch left heel forward at 45 degrees, bring left together touch right toe back at 45 degrees  
&7            Bring together touch left heel forward at 45 degrees  
&8            Bring left together touch right toe back at 45 degrees
- 9-12           Rolling vine right right-left-right, stomp left beside right
- 13-16          Jump both feet apart (toes in, knees in) on the spot jump toes out (knees out) on spot jump  
toes in (toes in, knees in) on spot jump toes out (knees out)
- 17-20          Rolling vine left left-right-left, touch right beside left
- 21-24          Jumping backwards-weight on left, hitch right knee, jumping backwards-weight on right, hitch  
left knee, jumping backwards-weight on left, hitch right knee, jumping backwards-jump both  
feet together
- 25-26          Jump feet to left, kick right foot at 45 degrees
- 27-28          Jump to right, kick left foot at 45 degrees
- 29-32          Cross left behind right, step right to side turning  $\frac{1}{4}$  turn right, spin  $\frac{1}{2}$  turn right keeping weight  
on right, stomp left, stomp right
- 33-36          Kick right at 45 degrees, stomp right beside left, kick left at 45 degrees, stomp left beside  
right

## REPEAT

Pause, keeping right heel forward, on third rotation to front wall. Continue with chorus

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